

During this exercise, we want to reframe our thinking from one of loss (Glass half empty) to one of blessing (Glass half full).

Historically, each stage of Alzheimer’s has been defined by the abilities that have been lost. We, however, want to focus on what remains, or what is sometimes discovered, such as an artistic talent.

Your objective is to review the Glass half empty column, and identify aspects that are more positive under the Glass half full column.

If this is too challenging, refer to the example that has been provided.

Stage*		
1 - Normal	<ul style="list-style-type: none"> <li>• Free of mental decline and associated behavioral and mood changes</li> </ul>	
	<b>Glass half empty</b>	<b>Glass half full</b>
2 – Normal aged forgetfulness	<ul style="list-style-type: none"> <li>• Memory lapses</li> <li>• Forgets familiar names or location of objects</li> <li>• Difficulty concentrating</li> <li>• Trouble finding the right word</li> <li>• Not obvious to others</li> </ul>	<ul style="list-style-type: none"> <li>• Very independent</li> <li>• Goes for walks daily</li> <li>• Visits with friends and family</li> <li>• Takes good care of the house</li> <li>• Great cook</li> <li>• Tells really interesting stories</li> </ul>



<p>3 – Mild Cognitive Impairment</p>	<ul style="list-style-type: none"> <li>• Deficits may be noticed by close family or friends</li> <li>• May repeat queries</li> <li>• Difficulty learning new things</li> <li>• Problem solving more challenging</li> <li>• For a small percentage, further decline may not occur</li> </ul>	<ul style="list-style-type: none"> <li>• Independent and can do most things without assistance</li> <li>• Still enjoys their hobbies</li> <li>• Loves being around family and friends</li> <li>• Can travel and drive</li> <li>• May still be working</li> </ul>	
<p>4 – Mild Alzheimer's</p>	<ul style="list-style-type: none"> <li>• Forgets personal history</li> <li>• Decreased ability to manage finances, prepare meals, or shop.</li> <li>• Forgets recent family visits or events</li> <li>• Confusion about the day of week, month, or season</li> <li>• Reduced emotional responsiveness</li> <li>• Aware of their challenges</li> <li>• Withdrawal from family and friends</li> </ul>	<ul style="list-style-type: none"> <li>• Can still discuss important current events</li> <li>• Know their surroundings such as address or local venues</li> <li>• Can still cook and perform other household chores</li> <li>• Can potentially live alone</li> <li>• Loves to dance and listen to music</li> <li>• Engages in small, social activities</li> <li>• Like to play games</li> <li>• Takes pride in the garden</li> <li>• Keeps a neat house</li> </ul>	



5 - Moderate	<ul style="list-style-type: none"> <li>• Self care activities such as dressing or hygiene may slip</li> <li>• Can not safely live alone</li> <li>• Require assistance with day-to-day tasks</li> <li>• Frequently can not recall major events or aspects of their current life</li> <li>• Major gaps in memory</li> </ul>	<ul style="list-style-type: none"> <li>• Plays simple games / puzzles / other activities</li> <li>• Can help with chores such as cooking, cleaning</li> <li>• Loves to talk about the past</li> <li>• Likes to go for walks together</li> <li>• Still dresses themselves</li> <li>• Gardening</li> <li>• Recognizes the needs of others and wants to help</li> </ul>	
6 – Moderately severe	<ul style="list-style-type: none"> <li>• Forgets or confuses identity of close relatives</li> <li>• Speech becomes limited</li> <li>• Unaware of personal life events or current events</li> <li>• Assistance with activities of daily living such as bathing, eating, dressing, etc.</li> <li>• Increased incontinence</li> <li>• Emotional changes such as confusion, anxiety, anger, etc.</li> <li>• Repetition of simple activities</li> <li>• Disrupted sleep cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Smiles when engaged</li> <li>• Participates in singing, clapping</li> <li>• Speaks names or says pleasantries</li> <li>• Smiles when seeing family pictures</li> <li>• Can engage and interact when observing someone else doing chores</li> <li>• Like to interact with children or animals</li> <li>• Paints with watercolors</li> <li>• Likes to toss a balloon</li> </ul>	



7 - Severe	<ul style="list-style-type: none"> <li>• Severe cognitive impairment</li> <li>• Lost or very limited vocabulary</li> <li>• Inability to walk or sit up without help</li> <li>• Help needed 24/7 with daily activities</li> <li>• Flexibility of joints decreases to the point of deformities</li> </ul>	<ul style="list-style-type: none"> <li>• Recognizes voice, sound, smell, or someone's presence</li> <li>• Feels music</li> <li>• Likes to have hand held / caressed</li> <li>• Likes the feel of the outdoors – the sun on their face, the sound of birds, the smell of flowers</li> </ul>
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\*Modified from Global Deterioration Scale, Reisberg, 1982

